

PMMS Fall 2022 Construction Menu

**Perry Township Schools follows the
USDA Nutrition Standards for
School Meal**

Students are offered weekly at lunch:

At least 2.5 c. fruit

At least 3.75 c. vegetables

8-12 oz. grain

8-10 oz. protein

-Low fat/skim milk offered daily

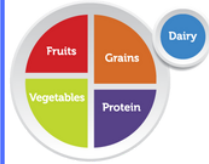
-Lunches = 550-650 calories

-Must take fruit or vegetable at lunch

Students are offered a balance of **dark green, red/orange, starchy, beans/legumes and other vegetables** each week.

WG= Whole Grain

For menus, nutritional analysis, account payments, and balances, visit perryschools.org



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Bosco Sticks w/ Marinara Hot n Spicy Chicken Salad w/ Roll PBJ Uncrustable Fresh Veggie Tray w/ Dip Steamed Broccoli Canned/Fresh Fruit Milk	Nachos Grande Taco Salad w/ Tostitos PBJ Uncrustable Fresh Veggie Tray w/ Dip Refried Beans Canned/Fresh Fruit Milk	Hamburger/ Cheesburger on WG Bun Ham & Turkey Wrap PBJ Uncrustable Fresh Veggie Tray w/ Dip Baked Beans Canned/Fresh Fruit Milk	Calzone w/ Marinara Yogurt/Cheese Stick/ Muffin PBJ Uncrustable Fresh Veggie Tray w/ Dip Canned/Fresh Fruit Milk	Chili Cheese Dog Chef Salad w/ WG Rolls PBJ Uncrustable Fresh Veggie Tray w/ Dip Corn Canned/Fresh Fruit Milk
	Spicy Chicken Wrap Hot n Spicy Chicken Salad w/ Roll PBJ Uncrustable Fresh Veggie Tray w/ Dip Steamed Broccoli Canned/Fresh Fruit Milk	Walking Taco Taco Salad w/ Tostitos PBJ Uncrustable Fresh Veggie Tray w/ Dip Refried Beans Canned/Fresh Fruit Milk	Soft Pretzel w/ Cheese Ham & Turkey Wrap PBJ Uncrustable Fresh Veggie Tray w/ Dip Green Beans Canned/Fresh Fruit Milk	French Toast Sticks w/ Eggstravaganza Yogurt/Cheese Stick/ Muffin PBJ Uncrustable Fresh Veggie Tray w/ Dip Canned/Fresh Fruit Milk	4x6 Pepperoni Pizza Chef Salad w/ WG Rolls PBJ Uncrustable Fresh Veggie Tray w/ Dip Corn Canned/Fresh Fruit Milk
WEEK 2	Spicy Chicken Wrap Hot n Spicy Chicken Salad w/ Roll PBJ Uncrustable Fresh Veggie Tray w/ Dip Steamed Broccoli Canned/Fresh Fruit Milk	Walking Taco Taco Salad w/ Tostitos PBJ Uncrustable Fresh Veggie Tray w/ Dip Refried Beans Canned/Fresh Fruit Milk	Soft Pretzel w/ Cheese Ham & Turkey Wrap PBJ Uncrustable Fresh Veggie Tray w/ Dip Green Beans Canned/Fresh Fruit Milk	French Toast Sticks w/ Eggstravaganza Yogurt/Cheese Stick/ Muffin PBJ Uncrustable Fresh Veggie Tray w/ Dip Canned/Fresh Fruit Milk	4x6 Pepperoni Pizza Chef Salad w/ WG Rolls PBJ Uncrustable Fresh Veggie Tray w/ Dip Corn Canned/Fresh Fruit Milk

BREAKFAST MENU

Blueberry Lemon Bar Fresh Fruit Juice Milk	Donut Holes Fresh Fruit Juice Milk	Otis Spunkmeyer WG Muffin 'Fresh Fruit Juice Milk	UBR Bar Fresh Fruit Juice Milk	WG Breakfast Bar Fresh Fruit Juice Milk
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AUG 2022					SEPT 2022					OCT 2022					NOV 2022					DEC 2022				
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
1	2	3	4	5				1	2	3	4	5	6	7		1	2	3	4				1	2
8	9	10	11	12	5	6	7	8	9	10	11	12	13	14	7	8	9	10	11	5	6	7	8	9
15	16	17	18	19	12	13	14	15	16	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
22	23	24	25	26	19	20	21	22	23	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23
29	30	31			26	27	28	29	30	31					28	29	30			26	27	28	29	30

July 27-29 will start on **Week 1**

— Week 1 — Week 2

This institution is an equal opportunity provider.
Menus subject to change.